



Food justice

A 10-day exhibition by Oxfam Hong Kong, a poverty relief organization, recently explored the many serious problems in the world's food supply chain that leave as many as a billion people to go hungry each night.

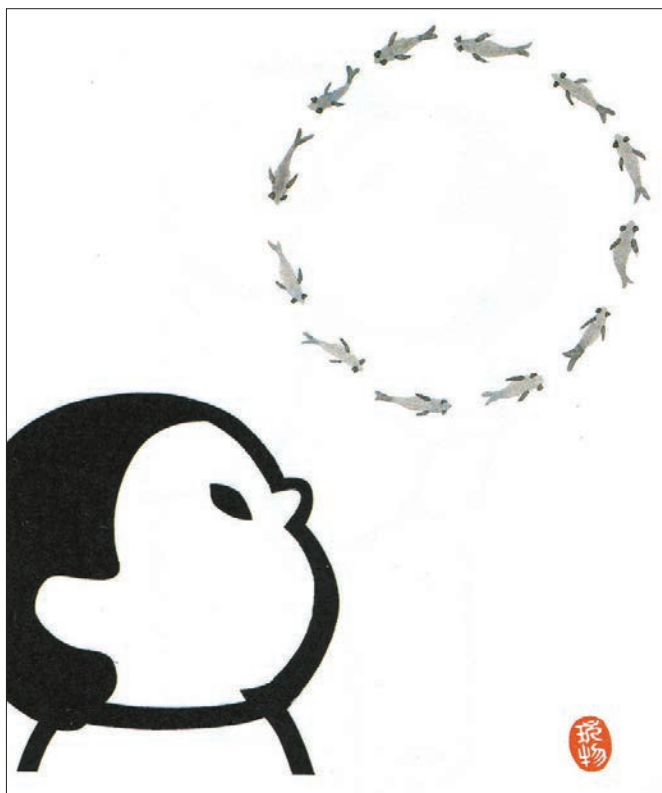
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Answers from outside the box

Hong Kong's Danny Yung speaks on his new book, a collection of creative comics and personal reflections on a life in theater.



Female execs speak on work, family

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Aigo, brands begin int'l lobbying tour

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Conference helps women balance work, family

By Liu Xiaochen

The third Annual Women Leadership Conference in Beijing, held by Seven Sisters in China (SSC), gathered outstanding women to share their experience of balancing a career and family on August 18 at Tsinghua University.

Titled "Traditions Redefined by Women of Passion," the Chinese and English forum collected the experiences of women working in male-dominated fields in a series of speeches and panels.

"The speakers were mainly business executives, leaders of public welfare organizations, researchers and business founders," SSC staff Kong Xiangxuan said.

In the second part, four Chinese speakers spoke with female university students about the choices young women face when family and career come into conflict.

Zhang Yuanyuan, director of China Affairs at ACTAsia for Animals and the founder of the websites Alliance for Animals in China (AAC) and Shenzhen Cat (SZcat), shared how she finds a balance.

"Spare time is important for me to make a choice about what I should do next," she said. "I

"The balance in your life depends on your mood. When you feel happy, your life is easy to balance; when you feel tired and bored, it becomes chaotic," Zhang said.



Jiang Xinran



Gao Jie



Zhang Yuanyuan



Cao Zexian



Speakers and staff of SSC

spend a period away from work to travel with my husband."

Zhang also invites her family, specifically her parents and in-laws, to experience her work place. The website SZcat is operated by her husband.

"The balance in your life depends on your mood. When you feel happy, your life is easy to balance; when you feel tired and bored, it becomes chaotic," she said.

"Humans are socialized to fill different roles such as mother, wife, daughter, friend or leader. Each role is entrusted with a responsibility, and it can be painful to take on more than you can manage."

"Listen to your inner voice about how much work is appropriate," said Cao Zexian, another speaker.

Cao, the only Chinese male to speak at the conference, was born in 1966 and is a senior researcher at the Chinese Academy of Science's institute of physics.

"In fact, this is not a problem exclusive to women," he said. "Both men and women should be responsi-

ble in managing their career and family."

"I like to regard family as a part of my career rather than an antagonistic force," he said. "If you want to keep a balance, you have to learn to make choices and improve your ability to cope."

Jiang Xinran, founder of The Mothers' Bridge of Love, a charity, shared her experience of founding an organization and living abroad.

Born in 1958, Jiang previously worked as a writer and consultant for several well-known media groups. She was nominated as one of the Top 100 International Women by *The Guardian*.

"Learn to tolerate, understand and love. You should not forget your family is what protects you from the storm. If you do not love your family, you will not love the world," she said.

The youngest speaker was Gao Jie, the 28-year-old director of business development at Powertate Communication and founder of WE Salon.

"Nowadays a large number of young women do plan to become a housewife or spend time with their family. They

"I like to regard family as a part of my career rather than an antagonistic force," Cao said. "If you want to keep a balance, you have to learn to make choices and improve your ability to cope."

want to have a career and need an identity," she said. "This trend is helping women to diversify their career options."

SSC is a non-profit organization founded by Chinese female students from Barnard College, Bryn Mawr College, Mount Holyoke College, Radcliffe College, Smith College, Vassar College and Wellesley College.

It is operated by students of liberal arts in the US and China. Now in its third year, it has organized conferences in Beijing, Shanghai and Guangzhou.



Attendees come to learn how successful women balance family life and their career.
Photos provided by SSC

Brands seek foreign foothold through Olympic marketing



AEA members will base AEA UK trade activities at Mitre Passage in the The Royal Borough of Greenwich.

Photo provided by Anna Zhang

By Serena Qiu

Aigo Entrepreneurs Alliance (AEA), a group of private Chinese companies with plans of expanding abroad, is championing a new model of group expansion intended to reduce overseas operating costs and barriers.

The group is organizing a world tour to many countries to introduce its executive members to potential partners and foreign markets.

It's time for Chinese companies to become global brands and shake off the stigma of "made-in-China," Feng Jun, founder of Aigo Entrepreneurs Alliance and president of Aigo Digital Technology, said at a forum this week.

At the end of 2011, about 18,000 Chinese enterprises had offices abroad. But most are struggling in their foreign environments.

AEA memberships have banded together to conduct their overseas expansion by uniting with members in other industries to propel themselves into top brand status.

Olympic model wins favor

Rather than ask alone for favorable policies, alliance members have gone as a group to ask foreign governments to enact favorable policies.

The group recently returned from a trip to Europe to lobby officials in countries such as Denmark, the UK, Belgium and the Netherlands. The results show that collective bargaining works.

"Belgium offered us a one-year waiver on office rent, 40 consultants and 300 free air tickets and hotel rooms. More than 30 Chinese businesses have set up offices in Belgium," Feng said.

Feng attributed the success to the power of a united effort. The alliance brings together a variety of companies, including some in the electronics, maritime, real estate and garment industries. Among them are the air-conditioner giant Zhuhai Gree Electric Appliances, the website giant Sina Technology and the juice maker Beijing Huiyuan Juice Drinks Food.

In Britain, Greenwich Council is allowing the alliance's members to move in rent free for one year and receive a 50 percent rent reduction for their second year if they commit to a third year. Standard rent is £550 (\$870) per office desk per month.

Many Chinese companies lack confidence and experience when they expand overseas for the first time, but expanding en masse can

help them to overcome many challenges.

"If members helps each other in going global, one plus one can equal eleven. If you work alone, one will always be one," Feng said. "Only by working united will we be able to cooperate with foreign governments and business partners efficiently. Any individual company can't achieve that efficiency."

Achievements in Europe

More than 30 AEA members said they will open subsidiaries in London and Brussels in the coming months.

The member enterprises' office hub will be set up in Greenwich, southeast London. The office hub in Brussels will be between two business hubs: Tour & Taxis and the European Market City.

After the London Olympic, AEA took an important step into the British market. The Royal Borough of Greenwich and AEA members signed an agreement to base the alliance UK trade activities at Mitre Passage on the peninsula, a world-class location for business and enterprise.

"Our signing of understanding with Aigo Entrepreneurs Alliance will strengthen our business ties internationally, particularly

with China," said Chris Roberts, leader of the Royal Borough of Greenwich.

The agreement with the Greenwich government will allow Chinese entrepreneurs to reduce political and legal risks associated with launching an enterprise.

In Brussels, members are now beginning to move into Tour & Taxis, a business complex with shop space in central Brussels. Another two groups are soon to move into the European Market City (EMC), a business hub along the highway between Brussels and Antwerp.

"The project connects manufacturers from China and retailers from Europe," said Guido Bernaerts, CEO of Group Bernaerts, which developed the EMC.

Group Bernaerts also gave the alliance's members a year of free space and services such as market research, company registration, human resources and accounting. Tour & Taxis, a complex that houses many incubators at the center in Brussels, also offers free rent to Aigo Entrepreneurs Alliance members for the first year.

AEA also signed a memorandum of understanding on investment in Denmark,

a trade promotion department under the Danish Foreign Ministry, outlining their roadmap for future collaboration.

ASEAN eager for investment

AEA delegation will visit members of the Association of Southeast Asian Nations (ASEAN) to find investment opportunities, Feng said.

Ambassadors or officials from Indonesia, Malaysia and Singapore introduced their advantages in science, technology and communications at the forum. They also showed their policy of attracting the alliance to build overseas incubators.

Deng Dong, chairman of Sichuan Qixiang Silk and a member of AEA, said he plans to establish production mills in Thailand and Malaysia because the climate suits the demand for silk.

ASEAN is China's third largest trading partner. The value of annual trade between China and ASEAN countries is expected to exceed \$500 billion in 2015, according to statistics by the China Council for the Promotion of International Trade.

The alliance also plans to send two delegations to Latin America and the US later this year.

Art to explore food problems

By Liu Xiaochen

As many as a billion people around the world go to sleep feeling hunger each night, according to the Food and Agriculture Organization of the United Nations.

That estimate inspired Oxfam Hong Kong (OHK) to hold a 10-day exhibition of works by 16 artists at PIFY New Art Gallery in 798 Art Zone on the topic of food justice.

The exhibition was also a response to GROW, a Chinese food justice program started in the 1980s by Oxfam, a UK-based development and poverty relief organization.

"For many people, the phrase 'food justice' sounds abstract. This exhibition gives the term a visual impact," said Bi Weide, OHK's manager of economic justice.

"Oxfam intends to improve and change the serious problems of the global food system. We hope people can walk away with a better idea of where their food comes from."

More than half of the exhibition's 16 artists live in an urban environment. "Their works show how some artists have direct experience with rural life, and some only indirect," Xia Yanguo, the curator, said. "Their experiences reflect different views on food justice."

Under the guidance of Oxfam, Xia took several artists to rural Guizhou Province to meet and observe the villagers.

"We found there were many food problems around us that we never saw in the city," Xia said.

Xiao Yu, one of the participating artists, used food and food security as a starting point for his creation. Among her three works at the exhibition are Bun and two paintings from the series "Do Not Worry About Whose It Is! It Is Mine Because I am Pregnant."

Xiao started to pay attention to food issues in 2005. Drawing on his own experience and fragments of history, he presents the perspective of an ordinary person.

"In my childhood, we had a very close relationship with our food. But now, for the people living in the city, hunger is a distant thing," Xiao said.

Bun was inspired by stories of how ancient people used buns in rituals to represent the relationship between food and life.

His two paintings are mainly made of millet. "Food also played the role of money. My parents told me that after my aunt's graduation, her



2005 Guangzhou Jiangnan Xi Lu by Qiu Jingtong

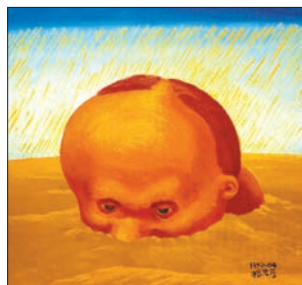
Photos provided by OHK



Big Stomach by Ren Zhitian



Bun by Xiao Yu



1999 No.4 by Yang Maoyuan



Granary by Li Qiang



Do Not Worry About Whose It Is! It Is Mine Because I am Pregnant by Xiao Yu

salary was three bags of millet. That means three bags of millet had to feed a whole family," he said.

"I painted pregnant women to show the relationship between food and continued life."

Xiao said he hopes young people born in the 1970s, 1980s and 1990s, especially those who grew up in the city, can learn to have a deeper connection with food through this exhibition.

"Big Stomach," by artist Ren Zhitian, shows a stomach made

out of Styrofoam that represents life under a bubble economy.

"Survival is the most basic goal. It is the first step in defending human dignity and the right to life," Ren said. "It is mankind's most pressing crisis."

Like Ren, Li Qiang, the maker of the works *Granary* and *Corns*, also saw food security as the most crucial issue threatening human survival.

Granaries are considered the most essential structures by several minorities in Yunnan Province. For the

all come from the same fault: poor allocation."

"The world's rapid growth has made food security a pressing issue. Food security means that all people at all times can secure enough nutritious food to have a vibrant and happy life," said Percy W. Misika, the FAO representative in China.

"We believe poverty is the root of food insecurity. Having a sustainable progress in dealing with poverty is the key to improving the access to food," said Sun Xuebing.

Ma Ji, a professor at China Agriculture University, said the country has made great success in reducing poverty and hunger during the past 30 years. However, according to rigorous digital research, the task is far from complete.

"One of the UN's goals is to halve the number of people who have to go hungry. We do not know whether we can complete this goal," Misika said.

"Each government has to take responsibility and pass laws and policies to guide development in the right direction," he said. "And everyone should think about his own responsibility in the process."

exhibition, Li brought a southern granary to the capital.

"I hope humans can have a common granary," he said. "I am very concerned about the threat of food shortages. It relates to national policy and the local climate."

"China's economically developed areas face a food shortage, and how to use science and environmental protection to improve yields is a serious question."

"There are two problems with food security. One is the reallocation of resources, and the other is problems in production," Xiao Yu said. "Hunger and waste

Thinking outside the box

By Bao Chengrong

Danny Yung, the "cultural godfather of Hong Kong," was recently in Beijing to speak about *Study Hard and Make Progress Every Day*, his latest book.

The title is a Chinese proverb spoken by Mao Zedong in the 1950s to motivate children. Today, Yung stands it on its head by challenging children to think outside the box instead of repeating standardized answers.

"The younger we are, the more questions we ask. We should preserve that curiosity," Yung said. "Adults have become less sensitive to the outside world. A room sends you many messages the first time you walk into it, and many people miss them all."

The book is split into two parts. The first includes Yung's notes of drama production, his talks with cultural figures and media, as well as letters to artists, children in Chengdu and youth at Zuni Icosahedron – Yung's theater troupe.

Yung reflects on the role of stage and theater. In his eyes, the stage is a world of uncontainable things bound by a limited time and space.

He said people who are relaxed are more likely to see the hidden possibilities in life, and that an intimate connection with the theater could help people to see their lives from more angles.

"When you enter a theater, you have to cooperate with it. You have to get to know the theater, to feel it, to sense your relationship with it and listen to what the theater wants to say," Yung said. "Many people just want to use the theater to tell their stories, yet the theater often has its own ideas."

Most of Yung's dramas are retellings of China's classical operas, often updated to fit into a new era.

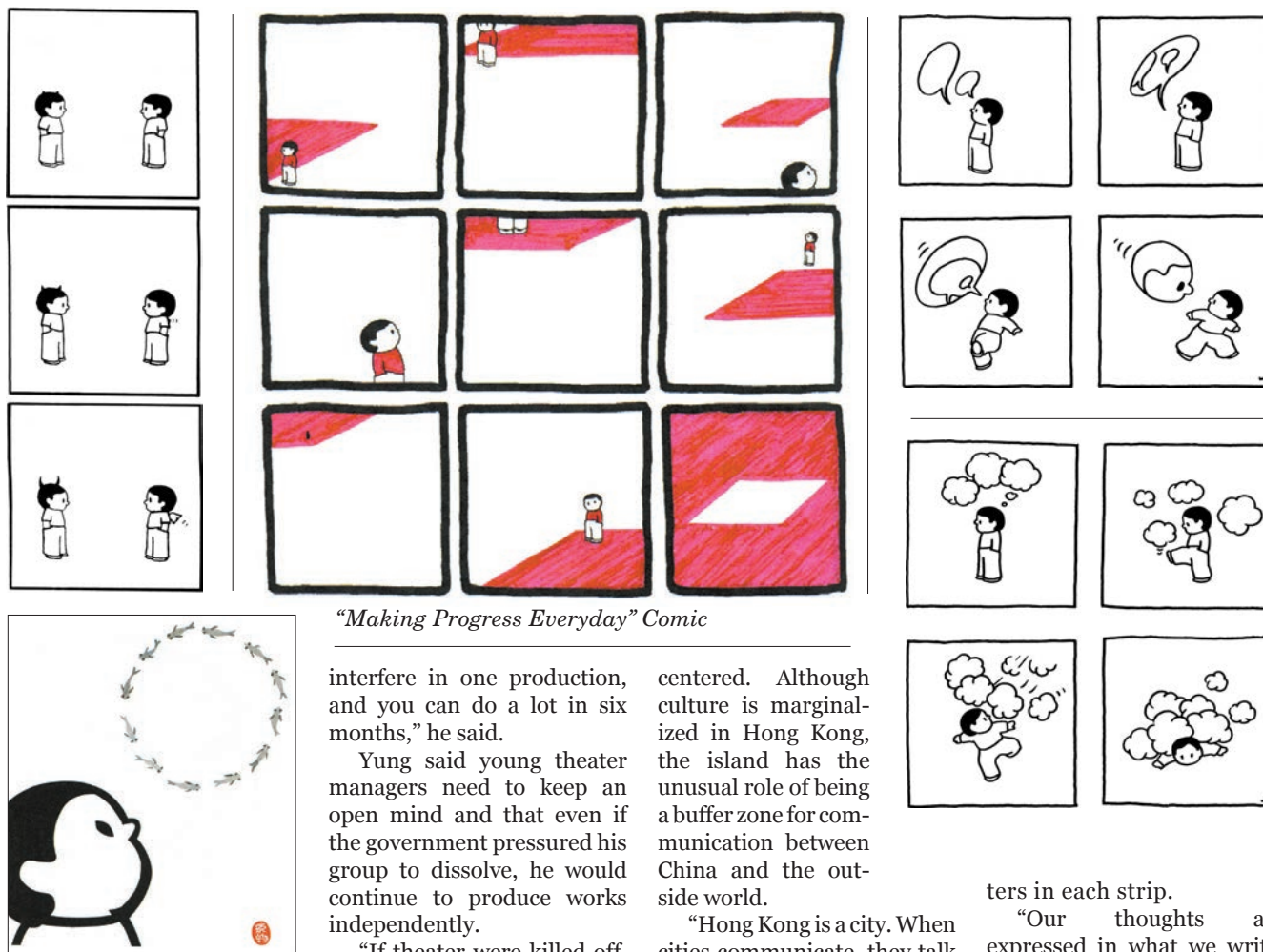
In his adaptation of *The Biographies of Eminent Chinese Women*, a classical work of etiquette, Yung spins it into a series of tales that include a woman with six husbands and 12 suitors who pursue one woman.

Yung said the stage gives women a valuable opportunity to say what they want to say and do what they want to do, but directors often keep them trapped in traditional dramas. His discussion of feminism has since expanded into an actor-audience relationship that connects Hong Kong, Beijing and London.

The drama was an unex-



Danny Yung speaks about his latest book.
Photo provided by Guangxi Publishing



"Making Progress Everyday" Comic

interfere in one production, and you can do a lot in six months," he said.

Yung said young theater managers need to keep an open mind and that even if the government pressured his group to dissolve, he would continue to produce works independently.

"If theater were killed off, it could become even bigger. If the troupe is scattered, it might become even stronger," he wrote.

Yung has explored several ways to communicate with viewers who are inundated with consumer culture. For *Paradise*, one of his dramas, he turned the play into something like a reality show by following it with a workshop that allowed viewers to try different roles on the stage to see how much they understood the characters.

In his conversations with cultural figures, Yung noted that the Chinese mainland and Taiwan tend to be very self-

centered. Although culture is marginalized in Hong Kong, the island has the unusual role of being a buffer zone for communication between China and the outside world.

"Hong Kong is a city. When cities communicate, they talk about common challenges. When countries communicate, it is diplomacy," he said. "I don't think cultural communications between countries can solve any cultural problems."

Yung suggested that China's cities should focus on developing and sharing their own culture independently.

The second part of the book is a series of conceptual comics titled "Make Progress Every Day." The main character Tian Tian is constantly asking questions and refuses to study. Readers can fill in the dialogue bubbles above the charac-

ters in each strip.

"Our thoughts are expressed in what we write. This expression of our thoughts can be discussed and the contents of these discussions could become further platforms or vessels for creativity. The more that is written, expressed and discussed, the more likely it is that creativity will be stimulated," Yung said.

He is also using the comics in a series of community workshops where participants also create an improvised 12-centimeter sculpture of Tian Tian. The best creations will be shown with the interpretations of 100 contemporary artists in November at the Hong Kong Cultural Center.

Art master devoted to public good



By Charles Zhu

Yuan Xikun, a sculptor born in Kunming in 1944, made 2.1 million yuan earlier this year at an auction. But that's not what captured people's attention. It's what he did with the money that made news.

He donated all of it to the World Wildlife Fund (WWF) for use in marine protection projects.

At a WWF charity auction called "Save Our Oceans, Save Our Future," Yuan's glazed sculpture "The Urgency of the Polar" was auctioned off for 900,000 yuan. The sculpture features a mother polar bear standing on a dangerously small piece of thawed ice with her terrified cubs.

At the same event, a bronze sculpture, "Confucius," claimed 1.2 million yuan. It features Confucius greeting others while on a lecture tour in the Eastern Zhou kingdoms. The philosopher has a broad forehead and a face brimming vividly with willpower and humility.

"Yuan is saving nature with his art," critics have said. He is credited as having achieved the greatest success in combining art with environmental protection.

Yuan, a rare artist equally versed in painting and sculpture, started his career as a painter for a zoological institute and an art editor for a publishing house. He pioneered painting techniques that incorporated Chinese elements into western oil painting.

He inherited his sculpture skills from his father, who was a student of Xu Beihong, one of the most influential painters in 20th century China.

Yuan, a member of the National Standing Committee of the 11th Chinese People's Political Consultative Conference, has always been passionate about preserving the world's ecology and the environment. In 2007 he sculpted "Tiger, the God of the Forests," a 25 meter-long and 13-meter-tall work that now stands at the Beijing Zoo.

He also holds a Guinness world record for mass on-the-spot drawing. He led 300 Beijing residents in drawing tigers on a 150-meter-long piece of paper to highlight the importance of protecting tigers, which are on the verge of extinction.

In early 2008, he finished "The Urgency of the Polar," made of copper-nickel alloy. It was sent to the UN Environmental Programme (UNEP) headquarters in Geneva and set up at the square in front of the office.

His designs were chosen by the agency to appear on cups for Champions of the Earth in 2009 and 2010. UNEP named Yuan an environmental protection artistic master. He held a solo exhibition, Man and Nature, at UN headquarters in New York and at the Berlin Museum.

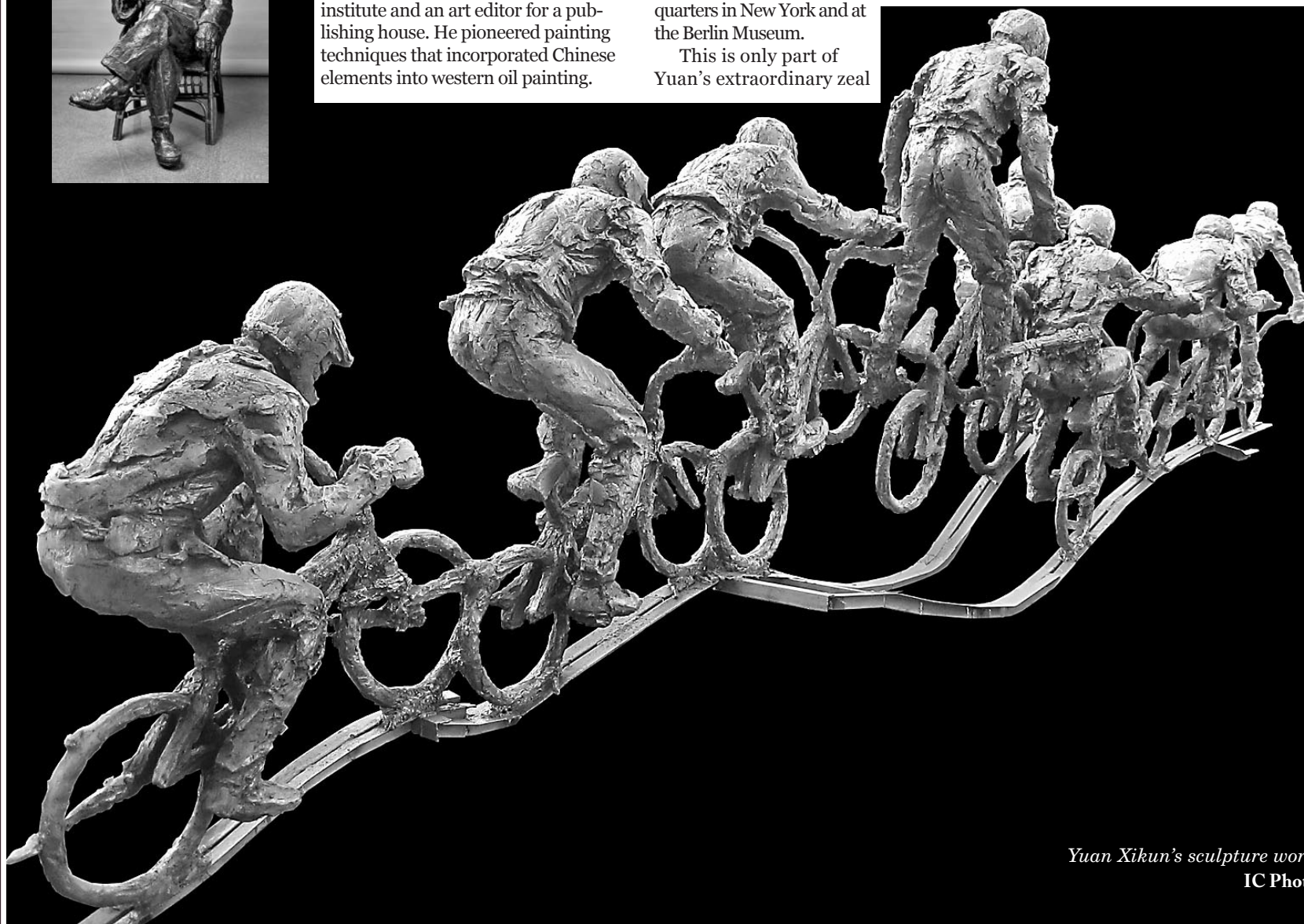
This is only part of Yuan's extraordinary zeal

for public good. He donated more than 60,000 yuan to Anhui Province when it was devastated by a major flood in 1991. He donated a sculpture as a way to help tsunami-afflicted people of Asia in early 2004. And he sent 216,666 yuan to his ancestral home province of Guizhou when southern China was hit by a once-in-a-100-years snowstorm in March 2007.

He donated 450,000 rubles (90,000 yuan) to forest fire-afflicted people in Russia in 2010. In a blog, he wrote, "As a son of nature who had been cultivated by Russian culture, I would like to do what I can to minimize the loss caused by the forest fires."

He has established a fund of nearly 10 million yuan for work on a group of international sculptures in Beijing, a fund of 5 million yuan for scholarships in Yunnan with a sale of his picture "Tiger," and a fund of nearly 10 million yuan for the welfare of the elderly. The sale of his bronze sculpture, "Zhao Puchu, a Buddhist Leader and Calligrapher," was used to help the poor.

"What I do is but in line with my faith," he's said before in interviews. "My faith is art, which seeks truth, kindness and beauty."



Yuan Xikun's sculpture works
IC Photos

Cuddly playmates

By Annie Wei

As a bachelor or bachelorette living alone, a pet can be the perfect companion. Dogs and cats are lovely, but they also can be quite needy.

Here are some other little friends you can consider keeping, as they also cute and cuddly but require much less attention.

Chinchillas

These squirrel-sized rodents are clean and friendly. A chinchilla doesn't carry any odor or parasites like most mammals. Chinchillas love to take baths in volcanic ash, but they can survive without it. Owners appreciate the animal's meekness. It is also a clever creature with a good memory, and can be taught tricks. A chinchilla's average life span is around 15 years, so the friendship it forges with its owner lasts a while.

Chinchillas at the store cost from 600 to 5,000 yuan. The white and colored ones cost more than the gray ones because of their rarity. New owners are advised to buy gray chinchillas, as they are healthier than colored ones, which are the result of selective breeding.

Chinchilla Beijing Specialty Shop

Where: 14 Shilihe Huasheng Tianqiao Wenhua Cheng, Chaoyang District

Open: 10 am – 5:30 pm
Tel: 8736 6404

Tortoise

Most turtles available in town are water-dwellers, so they need to be immersed in a pool of warm water all the time. Land tortoises, on the other hand, need to live in a greenhouse.

Tortoises can live from 20 to 100 years, so you can possibly pass on your pet to your grandchildren. The creatures cost from 70 yuan to a few thousand, but customers can bargain.

When you purchase a tortoise, please consult the shopkeepers on how best to

take care of the animal, since only 20 percent of tortoises survive illnesses.

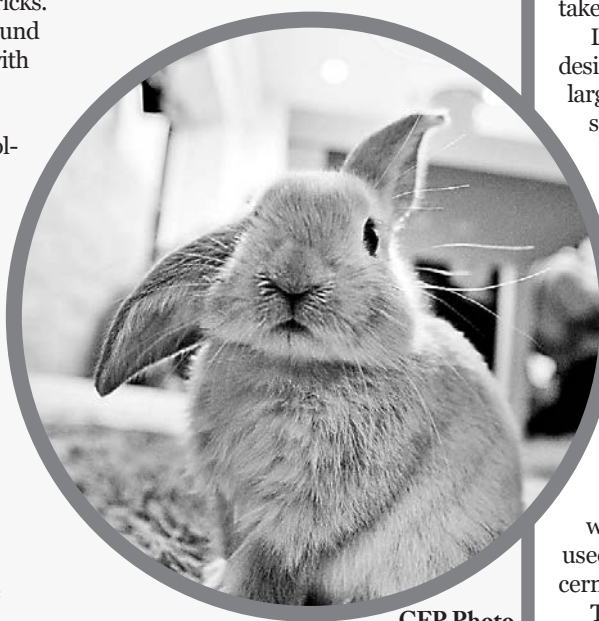
Ruan Tortoise Shop

Where: 93 Guanyuan Huaniaoyuchong Market, Xicheng District

Open: 9:30 am – 5:30 pm
Tel: 13621139607

Loved bunnies

Coco Pet Shop is where rabbit lovers can meet their dream bunny. The shop has about 10 different kinds of rabbits – lop-eared rabbits, the Netherland Dwarf and long-haired ones that look like a mop. Their price ranges from 100 to more than 800 yuan. The most important consideration when choosing a rabbit is its health; energy and bright



CFP Photo

eyes are good signs. Rabbits usually live for eight years. The bunnies at Coco have been vaccinated, but they need follow-up vaccinations every six months.

Coco Pet Shop

Where: 69-3 Gulou Dong Dajie, Dongcheng District

Open: 10 am – 9 pm
Tel: 8401 8650



A worker recycling wood

CFP Photo

Recycled wood furniture available at Gaobeidian

By Annie Wei

For inexpensive traditional furniture, many people's first recommendation is Gaobeidian.

Open for nearly 10 years, Gaobeidian offers good deals on many modern wood pieces and also takes customized orders.

Liu Feng, an indie handbag designer, recently purchased a large desk for 2,500 yuan, a low sofa table for 1,200 yuan and a bookshelf for 1,800 yuan. The desk and table are made of recycled wood with a steel frame and legs.

"Such a large working desk is popular among designers and writers. It's simple and functional," Liu said. Customers can ask for other sizes.

"The recycled wood is from abandoned boats," Liu said. He has always wanted furniture made from used wood because of his concern for the environment.

The other advantage of using used wood is they do not contract or expand as much as new wood. "I particularly like the marks of history on them, such as their color, texture and grain," Liu said.

Liu mentioned that though it's easy to get new furniture from malls, he's suspicious of the chemical products they use to glue them.

But no glue or paint is used on the furniture he got from Gaobei-

dian. Liu said the used wood is easy to look after: use only plant oil, which keeps the texture and color and leaves no residue.

"The sales girl at one store was very friendly," Liu said. She suggested Liu not buy too much in one go, instead buying one or two pieces and seeing if the furniture fits in with his living space.

Liu said people who need a large amount of used wood for a big project should visit the wood market at Dongbei, near the airport.

Rustic contemporary furniture store

Where: 188 Ronghuaju, Gaobeidian Gudian Jiaju Laojie, Chaoyang District

Open: 10 am – 6 pm
Tel: 8557 8277

Juyuanzhai

Where: 183 Ronghuaju, Gaobeidian Gudian Jiaju Laojie, Chaoyang District

Open: 10 am – 6 pm
Tel: 8577 5276

How to get to Gaobeidian from the central business district:

Take Subway line 1 to Sihui and then take subway Batongxian to Gaobeidian station

How to get to Dongbei wood market:

Take bus 729 at Beijing Railway Station to Dongbei Jiancaicheng

Pearson Longman English World

injured / injured

- ✗ Two people were injured in the car crash.
- ✓ Two people were injured in the car crash.



This mistake may come from adding '-ed' to the noun 'injury', but it should be added to the verb 'injure'. So there is no 'i' before 'ed' in 'injured'.

receive: for / to

- ✗ I was glad for receiving your letter.
- ✓ I was glad to receive your letter.



The adjective for your feelings when a letter arrives (e.g. 'glad', 'sorry', 'pleased') is followed by 'to receive' your letter, not 'for receiving'.

Exercise

Choose the correct words:

1. injure (give the correct auxiliary verb or none?)

He was tackled in the first half and badly _____.

2. receive (choose an appropriate form of "receive," with or without a preposition)
She was delighted _____ our gifts.

Answers: 1. injured 2. to receive



Book title:

Common English Errors in Hong Kong (New Edition) 是一本专门为香港初、中级英文水平的学生所编写的自学教材。本书指出并纠正大量本地学生所常犯的英文文法与字法使用上的错误，并附有非常生动活泼的插图，深受青少年学生的青睐。

资料来源: Language Leader (Pre-intermediate) by Ian Lebeau and Gareth Rees (Pearson Longman)

All about ramen

By Angela T. Li

Summer is ending, and for those chilly days ahead there is nothing quite like a bowl of piping hot soup and slurpy noodles to comfort a hungry stomach. *Beijing Today* went to scout some of the newest ramen additions and came back with favorable results. **Menya Tsubame**

Menya Tsubame is a small restaurant that only has one table for eight. It's ensconced in a quaint red-brick building in the middle of a busy area.

Serving a price-friendly bowl of goodness, with a friendly staff and cozy atmosphere, this is a place worth trying.

They have a modest menu, with the classic being Tonkotsu ramen, a pork bone broth ramen for 38 or 48 yuan, served with slices of pork, half a hard-boiled egg, soy sprouts and braised bamboo shoots.

Also available is a chili sauce pork bone ramen and a Shio chicken ramen, a light yellow salt and chicken-based broth ramen, both for 38 yuan. Their pan-fried gyozas and fried chicken are 18 yuan. Decent wines and spirits are also available upon request.

We thought the Tonkotsu ramen

was the best. A substantial, not too overpowering pork bone broth goes perfect with their thick and chewy noodles.

Where: Unit 2-4, Building 1, Guandong Dian (opposite the World Financial Center), Chaoyangmen Wai Dajie, Chaoyang District



At Menya Tsubame

Photos by Angela T. Li

Open: 11 am – 12:30 am next day
Tel: 6501 1389

Satsumahan

This noodle eatery was opened by two Japanese entrepreneurs in the last couple of months.

This ramen shop is so new that

their menu is nonexistent, but the waiters will gladly explain what is available after ushering you to your table.

Though the price might be a bit high for ramen, this is the place to go if you like big pieces of juicy and tender pork in your noodles.

Their only ramen available is a Miso ramen for 58 yuan and a variation served with copious slices of chashu, fatty pork, that goes for 78

yuan. They also serve gyozas for 25 yuan and a pork platter with kimchi for 75 yuan.

It is the meat that will keep you coming back, cooked till tender, the fatty pork is chewy, juicy, and cut very thick for a full bite. The noodles are wheat-based noodles, making them a little bit less chewy, but still very satisfying. Garlic and onion springs may be added to taste.

Where: Unit 1-11, 277 Dongzhimen Nei Dajie, Dongcheng District.

Open: 11 am – 10 pm
Tel: 130 4104 8838



A homemade dessert from Latin America

By Angela T. Li

Arroz con leche is a traditional Latin American dessert. It is simple and, to a lot of Latinos, tastes like home.

Every family has its own recipe and style. It can be extremely creamy and rich like a pudding or a bit more watery like porridge. That's the beauty of it: you can as you like, as it is a versatile recipe that doesn't require exact measurements. One cooks from the heart.

Arroz con leche is best served cold in the summer and hot and steamy during the winter. It's a year-round dessert that is basically rice cooked in milk. Traditional recipes cook the rice raw with milk, and while it tastes better that way, it also takes considerably longer to prepare.

The thing about cooking the rice raw is that you have to observe it constantly, making sure the milk doesn't boil over, and for that you need a low flame.

Preparation

1. Rinse the rice twice so that you get most of the starch out. Strain the cold water.

2. In a large pot, add boiling water over the raw rice. The water level should be about 5 millimeters above the rice. Let it rest for half an hour.

3. Then boil the rice and water at medium-low heat for 15 minutes. Stir a couple of times, but not too much.

4. After most of the water is boiled down, turn off the heat and let it rest while you prepare the milk mixture.

5. In another pot, mix the milk and the cinnamon sticks and let it warm (there should be at least 2.5 more centimeters of milk mixture above the rice). Remember not to let the milk boil. Leave the cinnamon sticks in the warm milk for around 10 minutes. After that reheat and add it to the rice.

6. Let the rice and milk mixture heat in a medium-low temperature, mixing every minute to make sure the milk doesn't boil over.

7. Check the sauce's density, the more watery you like it the less you should cook it; the creamier you want it the more you should cook it.

8. Take out the cinnamon sticks and add sugar to taste.

9. Serve hot or cold with cinnamon powder on top.

Optional Ingredients

• When you reach step 5, just mix the milks that you choose to add.

Ingredients

- Rice
- Whole milk
- Cinnamon sticks and powder
- Sugar

Optional Ingredients

- Condensed milk
- Evaporated milk
- Coconut milk



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• Evaporated milk is to give it a creamier, milkier taste, but it's not sweet, like condensed milk, which works as both a sweetener and as an extra source of creamy goodness. The coconut milk is also added just for flavor.

• This allows you to adjust as you like, just make sure there is enough milk to cook with the rice. A little bit too much doesn't hurt, but too little is not good if you have no more extra milk to add. (You'll want to add milk if, for example, your rice is still not thoroughly cooked but the mixture is already very sticky and dry.)



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Photos by Angela T. Li



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